

## JOHN SHARRY TALKS – [www.solutiontalk.ie](http://www.solutiontalk.ie)

Dr. John Sharry, child and family psychotherapist, international author and developer of the award winning Parents Plus Programmes.

Venue: [Donnycarney Community Centre](#) (behind Donnycarney Church, Malahide Rd)

Time: 8pm-9.30pm (Talk and Q&A).

Cost: €20 per talk, Special Price of €50 for Parenting Talks 2 - 4, when booked together.

### [CLICK HERE TO BOOK ONLINE BY PAYPAL](#)

Or alternatively send a cheque, with the following details to *Solution Talk, 16 Victoria Road, Dublin 3.*

- 1) Name
- 2) Contact details including phone no.
- 3) Talk(s) you wish to attend

Phone us on 086 734 0114 for further information.

*Please note that places are limited and are not guaranteed until payment is confirmed.*

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### **Talk 1 - The Secret to Happy Relationships and Marriages**

*Tuesday 22nd September 2009*

Drawing on up to date psychological research, this talk will describe the principles of emotionally intelligent marriages and relationships. You will learn how you can cultivate a close connection with your partner, positive principles for resolving conflict and how you can make your relationship more satisfying for both of you.

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### **Talk 2 - Building Quality Relationships with your Children**

*Tuesday 29th September 2009*

All parents want to have close, loving relationships with their children, and this is really healthy for parent and child. Sometimes this can be easier said than done, especially if your relationship is under strain or if you are dealing with a patch of difficult behaviour. Drawing on up to date research this talk will outline key principles for building good relationships with children and to how to stay connected to them and to continue to enjoy parenting even during the most challenging times!

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### **Talk 3 - Dealing with conflict/maintaining harmony in the home**

*Tuesday 13th October 2009*

Dealing with challenging behaviour and conflict is part and parcel of being a parent, yet this does not make it any less stressful and many parents wonder how best to respond. This talk will illustrate well researched principles on how to resolve conflict in a positive manner that helps you feel confident as a parent and which teaches children and teenagers how to behave well in the long term.

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### **Talk 4 - Positive Parenting and Positive Discipline**

*Tuesday 20th October 2009*

This talk describes a balanced approach to parenting that allows you both to teach your children responsibility while also having an open and enjoyable relationship with them. In particular you will learn a step by step positive approach to solving common childhood problems that can be applied to many challenges of being an effective parent.

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### **Talk 5 - When Parents separate: Helping your Children cope**

*Tuesday 3rd November 2009*

Drawing on research into children's experiences of separation and divorce, the talk will outline practical actions you can take to help your children cope and succeed. Based on the best-selling book this talk presents a cooperative model of co-parenting that you can use to focus on your child's needs, resolve conflict and cope personally with life after separation as a parent.